



United States
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Extension
Service

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Expanded Food and Nutrition Education Program Policies

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LEGISLATION

The intent of Congress and the agreed upon policy by the U. S. Department of Agriculture (USDA) and Extension's administration on the Expanded Food and Nutrition Education Program (EFNEP) have foundation in legislative acts pertaining to the initiation and operation of the program.

1981 *The Agriculture and Food Act 1981—Nutrition Education Program, Sec. 1423. Section 1425 of the National Agricultural Research, Extension, and Teaching Policy Act of 1977 (& U.S.C. 3175)*, is amended to read as follows: “. . . (b) In order to enable low-income individuals and families to engage in nutritionally sound food purchasing and preparation practices, the expanded food and nutrition education program conducted under section 3(d) of the Act of May 8, 1914 (7 U.S.C. 343 (d)), shall provide for the employment and training of professional and paraprofessional aides to engage in direct nutrition education of low-income families and in other appropriate nutrition education programs. To the maximum extent practicable, such program aides shall be hired from the indigenous target population. . . .” *Public Law 97-98*.¹

1977 *The Food and Agriculture Act 1977, Section 1425, of the National Agricultural Research, Extension and Teaching Policy Act 1977 (7 U.S.C. 3175)*: (b) In order to enable low-income individuals and families to engage in nutritionally sound food purchasing and preparation practices, the expanded food and nutrition education program presently conducted under section 3(d) of the Act of May 8, 1914 (38 Stat. 373, as amended: 7 U.S.C. 343(d)), shall be expanded to provide for the employment and training of professional and paraprofessional aides to engage in direct nutrition education of low-income families and in other appropriate nutrition education programs. *Public Law 95-113*.

1970 In FY 1970 the EFNEP program was funded, with an appropriation of \$30 million, under the Smith-Lever Act as 3(d) funding. (*Smith Lever Act—U.S.C. 341-348*). *Public Law 91-127*.

1968 EFNEP was initiated by USDA in 1968 with \$10 million, from *Sec. 32 of An Act to Amend the Agricultural Adjustment Act, and For Other Purposes, August 1935, Chapter 641, 74th Congress 1st sess., 49 Stat. 750 744*.

OBJECTIVES

The objectives of the Expanded Food and Nutrition Education Program are to assist low-income families and youth acquire the knowledge, skills, attitudes, and changed behaviors necessary for nutritionally sound diets and to contribute to their personal development and the improvement of total family diet and nutritional welfare.^{1,2}

Participation in the Expanded Food and Nutrition Education Program should result in:

- Improved diets and nutritional welfare for the total family.
- Increased knowledge of the essentials of human nutrition.
- Increased ability to select and buy food that satisfies nutritional needs.
- Improved practices in food production, preparation, storage, safety, and sanitation.
- Increased ability to manage food budgets and related resources such as food stamps.

AUDIENCE

The Expanded Food and Nutrition Education Program must include programming to reach two primary audiences: adult and youth.

Adult: Low-income homemakers/individuals living either in rural or urban areas, who are responsible for planning and preparing the family's food, with emphasis on households with young children.

Youth: Low-income 4-H youth living in rural or urban areas and consistent with respective State definition of 4-H age.

The assurance that all eligible persons shall have equal access to the benefits of the program and facilities without regard to race, color, national origin, sex, religion, age, or handicap is an important objective of the Extension Service. This objective should permeate the efforts of the Expanded Food and Nutrition Education Program.

SUBJECT MATTER CONTENT FOR THE ADULT AND YOUTH PROGRAM

Food and nutrition subject matter is the principal content for both the adult and youth audiences. Instruction should reflect nutritional needs and cultural heritage of the audience.

Content areas appropriate for training staff and teaching participants are:

- Nutrition knowledge, skills, and attitudes necessary to improve diets (normal nutrition).
- Planning for daily food needs.
- Knowledge and practice in food selection and preparation.
- Knowledge of financial management relating to family food budgets, adaptations for uneven incomes, and local food resources.
- Use and care of equipment used for food preparation, storage, and utilization.
- Food safety, health, and sanitation practices.
- Food practices that reinforce personal development of family members.
- Gardening and food production techniques.
- Food preservation practices.
- Maternal and infant nutrition education which complements other programs and information received from health delivery systems.
- Body weight, food intake, health and fitness.
- Referral to other resources and assistance programs.

Extension Service, USDA, shall continue to provide research-based educational resources which reflect USDA recommendations, current knowledge on nutrient requirements, and other related information.

PROGRAM DELIVERY METHODS

Methods for program delivery may include but not be limited to direct teaching by paraprofessionals or volunteers in group or one-to-one situations; mailings and telephone teaching to complement other teaching methods; mass media efforts to develop understanding, awareness, and involvement in the educational program; and development and training of volunteers to assist with direct teaching of adults and youth.

Referral of participants to other Extension programs and other community and food assistance programs, i.e. Food Stamps; Women, Infants, and Children; etc., will be the responsibility of all professionals and paraprofessionals. EFNEP families will be encouraged to participate in food assistance programs for which they are eligible.

Innovative program delivery methods for adult and/or youth may be submitted annually in the State Plan of Work and must be within EFNEP policies and allocated state funding. With present constrained resources, states should consider new innovative program delivery projects to expand clientele contacts and improve clientele retention of nutrition knowledge.

ALLOCATION OF FUNDS

The Agriculture and Food Act of 1981 formula provides for the amount of dollars over the 1981 funding level to be distributed as follows: 4 percent for Federal administration; 10 percent equally among states; and the remainder allocated to each state based on the ratio of their population to the total national population living at or below 125 per centum of the

income poverty guidelines prescribed by the Office of Management and Budget as determined by the last preceding decennial census at the time each such additional amount is first appropriated. Prior to the implementation of the 1981 Farm Bill, EFNEP funds did not provide allocation for Federal administration.

The amount of dollars appropriated will be furnished to the Director each year after passage of that year's Appropriation Bill.

At least sixty (60) percent of the total annual Federal appropriation to each state is to be used for paraprofessional personnel and their support costs.

USE OF FUNDS

A. Employment

- Professionals: Salaries and support costs paid to professionals from EFNEP should be in proportion to time spent on the EFNEP program.
- Paraprofessionals: program aides, preferably indigenous to the target audience are employed primarily for teaching food and nutrition to enrolled families and 4-H EFNEP youth. Program aides may assist in training volunteers and may assist professionals in other areas of EFNEP. Program aides should be assigned areas nearest their home or base of operation so that minimum travel and maximum efficiency are realized in recruitment and teaching.

The employment practices and decisions shall be administered in a way which insures equal access to employment opportunities to each individual without regard to race, color, national origin, sex, religion, age, or handicap. This provision does not preclude the employment and assignment of aides to work within the communities in which they live.

B. Secretarial and Clerical Staff

Secretarial and clerical assistance are considered support costs for professionals and paraprofessionals.

C. Refer to *Administrative Handbook Procedures* for other use of funds.³

D. Refer to *State Extension Plan of Work and Report Guidelines* for national reporting requirements.⁴

E. Comply with any other periodic requests for financial statements.

¹ National Agricultural Research, Extension and Teaching Policy Act of 1977, as Amended by the Agriculture and Food Act of 1981, Title XIV, Sec. 1423(c). P.L. 97-98, 97th Congress, 1981. (95 Stat. 1213).

² U. S. Congress, House. Department of Agriculture and Related Agencies Appropriations Bill, 1970. 91st Congress, 1st sess. 1969. Report No. 91-265, p. 30.

³ U. S. Department of Agriculture, Science and Education. *Administrative Handbook for Cooperative Extension Service Work, Chapter III-Financial Operation*, Washington, D.C., (rev. 1981).

⁴ *State Extension Plan of Work and Report Guidelines*, October 1, 1983-September 30, 1987. *Extension Accountability Evaluation System*, 1983.